NORTHUMBERLAND HEIGHTS
Wellness Retreat & Spa

Wellness In The Lap of Luxury
You deserve to feel special. That’s why from the moment you enter our sanctuary we have one purpose, and that is to ensure that every activity, relaxing massage, quiet time of reflection and meal you enjoy leaves you wanting one thing: to come back.

Inspired by the five elements of Nature

EARTH + WATER + AIR + FIRE + ETHER =

What makes us unique

- 80 acres haven on the rolling Northumberland Hills just 60 minutes away from Toronto.
- Beautiful Decks with a stunning view of Lake Ontario.
- International inspiration in interiors. Entire property is rustic, earthy and homely, consistent effort to merge with nature.
- Interactive F&B services offering smoothies, fresh juices, live stations, accommodating dietary needs - vegan, gluten free & allergy specifications.
- Spa is very well appointed with the latest equipment and offers steam, showers & toilets within the treatment rooms which is very unique to this landscape.

To book your stay, please get in touch with us today!

795 Northumberland Heights Rd, Cobourg ON K9A 4J8
www.northumberlandheights.com  905-372-7500 | info@northumberlandheights.ca
Welcome to the 2019 Fall/Winter Town of Cobourg Leisure Guide!

We hope that this guide will be a helpful resource for information on arts, culture and recreational programming available in the Town of Cobourg.
CONCERT HALL AT VICTORIA HALL
The Concert Hall is the cultural center and premiere entertainment venue of the Town of Cobourg. Located on the second floor of historical Victoria Hall, the Concert Hall was once the site of a grand ball for HRH Edward, Prince of Wales at the building’s official opening. Today, history and heritage are beautifully married with technology, modern art and performances as the Concert Hall plays host to local production companies and world renowned artists and performers.

INNOVATIVE LIVE ENTERTAINMENT
You’re invited to experience a new era of innovative, live entertainment at the Concert Hall at Victoria Hall. Using custom designed digital visual effects, the Concert Hall team is now able to enhance our concerts, live theatre and special events, giving audiences a world-class presentation typically seen in major cities. Come witness the exciting evolution of entertainment!

NORTHUMBERLAND ORCHESTRA
The Northumberland Orchestra and Choir is a not-for-profit organization that is the county’s first and foremost purveyor of beautiful orchestral and choral music.

The Northumberland Orchestra was founded under the guiding vision of Dr. Phillip Schaus in 1978 when enthusiastic local musicians united to form a symphony orchestra. A year later the local choral society joined with the orchestra as the newly constituted Northumberland Philharmonic Choir. Throughout its history, the Northumberland Orchestra and choir has included and encouraged young local musicians, many of whom are now pursuing professional musical careers.

Tickets for the 2019–2020 season are available through the Victoria Hall Box Office, www.cobourgboxoffice.ca
NORTHUMBERLAND PLAYERS
Northumberland Players brings the best in musicals, comedies and drama to theatre lovers in Northumberland County. The community theatre company has grown over the past 42 years from a small group of dedicated volunteers staging musicals in high school gymnasium to over 300 enthusiastic volunteers.

Today, Northumberland Players has received 24 awards at theatre festivals across Ontario including Best Production in Eastern Ontario in 2016 and 2017, and Best Production in Ontario in 2016. With the largest costume house in the region and talented actors and crews, you will experience high quality, affordable productions in four different venues within a short convenient drive.

Contact Info:
FIREHALL THEATRE
213 Second Street, Cobourg
T: 905-372-0577 or 1-888-881-0003
www.northumberlandplayers.ca

VOS THEATRE
Drawing on a highly talented membership of actors, musicians, dancers, and singers from across Northumberland County, the VOS is a vibrant not-for-profit theatre group which has been presenting professional quality entertainment to the stage at Victoria Hall in Cobourg since 1990.

Their live theatre productions are a delight to the senses. Beautiful music performed by a live orchestra, delightful sets, elegant costuming and attention to detail usually found only in high-cost professional theatre.

The VOS has a long-standing and strong tradition of providing talented local youth with ample opportunity to learn all facets of stagecraft from an established core of knowledgeable and nurturing older members.

www.vostheatre.com

EXPERIENCE PARTNERS
Taking in a show at the Concert Hall at Victoria Hall or one of our partners?
Come early and enjoy discounts at over 40 restaurants and local merchants in Cobourg. Just show your ticket when you arrive.
Learn more at www.cobourgboxoffice.ca

VIP PACKAGES
The Woodlawn Inn is an official Experience Partner offering a VIP experience for guests attending a show through the Cobourg Box Office.
Experience Partner Offers: 10% off food and beverage before the show! 10% off B&B rate the night of the show and 5% off Package rates the night of the show.
Learn more at www.woodlawninn.com
The Cobourg Box Office, located at the Concert Hall at Victoria Hall, is your one-stop-shop for tickets to the amazing lineup of concerts, live theatre productions, special events and more at Cobourg’s entertainment venues.

Visit CobourgBoxOffice.ca or call 905.372.2210 for tickets and additional information.
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Cobourg Chiropractors
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ARE YOU LOOKING FOR WORK OR TRAINING?

Whether you are unemployed, underemployed, looking for a change, laid off or just entering the workforce; our free services and programs can help!
Fall into something new this season!

WATTON EMPLOYMENT SERVICES INC
9 Elgin Street East, Cobourg
905-372-1901 / 888-348-8854
ARTS & CULTURE

MUSEUMS & GALLERIES

ART GALLERY OF NORTHUMBERLAND

September 22 to October 14, 2019
41ST JURIED EXHIBITION
Opening Celebration, Saturday, September 22 at 1pm
October 3 to January 5, 2020
2019 NEW ACQUISITIONS
Opening Reception: Thursday, 3 October at 6pm
November 2 to January 5, 2020
AMANDA MCCAVOUR | PINK FIELD, BLUE FOG
Opening Reception, Saturday, 2 November at 1pm
January 11 – February 29, 2020
CHRISTOPHER SMITH
Opening Reception: January 11, 2020
January 11 – March 1, 2020
FELICITY SOMERSET and PETER LARGE - TRACES
Opening Reception: January 11, 2020
March 7 – May 2, 2020
MICHAEL ADAMSON
Opening Reception: March 7, 2020
March 7– April – May – June 14, 2020
AGN@LX
Opening Celebration: March 7, 2020
AGN Celebrates 60, this exhibition features 60 works from the permanent collection

CREATIVE CONNECTIONS @AGN

HOMESCHOOL ART CLASS:
FALL FOLIAGE WATERCOLOURS
Tuesday, October 22: 10-11am | $5/student
Ages 4-16
Calling all homeschoolers! Join us for a morning of art appreciation and art making at the gallery. Experimentation encouraged. All supplies provided. Parents are welcome to stay for this program.

OFFICE ART ESCAPE*
MIXED MEDIA LANDSCAPES
Tuesday, October 22:
11:30-12:30 | $10/person
Step out of the office and into the Art Gallery! Creativity and mixed media fun during your lunch hour. No experience required. All supplies provided.
*this program is also available as a group package for team building+fun and can be booked for other dates to accommodate your office.

AFTERNOON LIFE DRAWING
Tuesday, October 22: 1-2pm | $20/person
A shorter version of our life drawing workshop, perfect for beginners or those with busy schedules. In this one hour workshop we will build up to a 20 minute pose with model. All supplies provided.
CREATIVE SHAKE-UP FOR ARTISTS & CREATIVES
Wednesday, October 23: 9am-2pm | $50
Attention artists! Bring an “in-progress” or finished work and see where the day takes us! Artists will work on several drawing, printmaking, and group tasks to make creative departures in their works.

This program is open to artists working in any medium. (Painters, writers, photographers etc.) Works brought in will not be altered (unless you want them to be).

LIFE DRAWING WORKSHOP
Thursday, October 24:
9:30-12 $45/person | Ages 18+
Instructor guided life drawing class. Practice observational figure drawing using a life model. Short warm up poses lead up to a one hour pose/drawing. All materials provided. No experience required.

ARTIST/PARENT/ARTIST: DRAWING WORKSHOP
Thursday, October 24th 12-2pm | $25/parent
Artists who are parents, join us for our first Artist/Parent/Artist workshop. Instructor guided drawing workshop including 1 hour of figure drawing with a live (clothed) model. You’ve likely got enough to carry, so, all supplies are provided. Children 5 and under are welcome to attend.

TEEN PORTFOLIO DEVELOPMENT WORKSHOP
Friday, October 25: 10am-2pm | $20
This creative drawing workshop will help high school students expand their artistic practice and personal art portfolio. Participants are encouraged to make daring departures from their usual work. Figure, still life and abstract works will be created over the course of the day. Students may bring 1 finished or work in progress piece for group critique and/or their current sketchbook (both optional). All other materials provided.

SPECIAL EVENTS

AGN SPOTLIGHT SERIES II
Four engaging evenings. Each offering untold stories and unique insights. Up close and personal. Save the dates: October 24; January 30; March 5; April 30.

ARTIST MEET UPS
Saturday, 19 October at 2pm
Sunday, 17 November at 2pm
Meet other artists, be inspired, share encouraging feedback at our first peer group critique. Bring in one in progress or completed work of art to share.

GUIDED TOURS

Guided Tours - Saturdays at 2pm
Art Gallery Of Northumberland
Victoria Hall, West Wing, Third Floor
www.artgalleryofnorthumberland.com
T: 905.372.0333
For registration:
Victoria Towrie: vtowrie@agncobourg.ca

FARREN ASSOCIATES
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Cobourg, ON
K9A 2L8
Voice: 905-372-1052
Fax: 905-372-4942
farrassociates@bellnet.ca
COBOURG MUSEUM FOUNDATION –
SIFTON-COOK HERITAGE CENTRE

The Cobourg Museum Foundation works to increase the knowledge of both residents and visitors on the unique local history of this area. This year’s theme is “Artifactually Speaking” (with a bit of ARTIFICITION mixed in!).

Visit and play the Cobourg Game.
Open Victoria Day Weekend to Thanksgiving

Hours of Operation:
September & October
Saturdays & Holidays | 10am – 5pm
Sundays 1pm to 5pm

Location:
Corner of Orr St. and Durham St.
www.cobourgmuseum.ca

ARTS & CULTURE

COBOURG & DISTRICT SPORTS HALL OF FAME

Thanks to a group of dedicated volunteers who have collected and catalogued hundreds of sports memorabilia and historical information, the Cobourg and district Sports Hall of Fame opened in February of 2019.

Located in the Grand Hall at the Cobourg Community Centre, the goal of the Sports Hall of Fame is to preserve the rich legacy of sport found within Cobourg and the Townships of Alnwick-Haldimand, Cramahe and Hamilton.

Location:
750 Darcy Street, Cobourg

COBourg & DistaRcT SoPTrS Hall OF FaMe

MARIE DRESSLER MUSEUM

Marie Dressler is considered one of the greatest comedians of her generation. At her peak she was the highest earning film star in Hollywood, earning more than Greta Garbo and bringing in more than a Mickey Mouse movie.

Learn more about her life and career through the interactive, digital exhibitions on display at the Marie Dressler Museum.

Hours of Operation:
September 2019 to April 2020
Saturday and Sunday | 12:00p.m. to 4:00 p.m.
Monday and Tuesday | closed
Wednesday, Thursday, Friday | open by appointment.

Contact: dresslermuseum@gmail.com to book appointment. Closed on statutory holidays

Location:
212 King St W.
www.dresslermuseum.com
THE PAINTED TREE – CLASSES
Inspirational art classes and workshops instructed by friendly, knowledgeable staff.
264 Division St.
Phone: 905.372.1313
www.thepaintedtree.ca

Classes Include:
INTRO TO ACRYLIC & OIL PAINTING with Darlene Clarke

ART WITH SIMON
“Abstraction” Objective and Non-Objective: October 8th – 29th
Art Basics: November 4th – 28th

WATERCOLOUR/DRAWING FOR EVERYONE with Hilda Van Netten
September 18 – October 23
October 30 – November 27

WATERCOLOURS WITH GREG MAUDE
October 2nd – Nov 6th
Nov 13th – Dec 4th

WORKSHOPS INCLUDE:
Watercolour on Canvas with Dee DeSnoo: November 2nd
Traditional Calligraphy with Sandra Brown: November 23rd
Watercolour Workshops with Greg Maude: November 9th
Discover Watercolour Painlessly: October 19th
Alcohol Ink: October 5th
Drawing From the Right Side of the Brain: September 2 - Firing Time

FIRING TIME - CLASSES
ADULT
8 Week Throwing Classes
Tuesdays starting January 21st
Thursdays starting January 23rd
Private lessons available
8 Week Hand-building Classes
Mondays starting January 20th

SENIORS
Firing Time offers pottery workshops for seniors in their home environment which removes any concern about transportation or accessibility.

CHILDREN’S
March Break Workshops
Spring Fever Workshops
Clock Making Christmas Workshop
Private Hand Building Lessons
Private Throwing Lessons

COBOURG ART CLUB
If you enjoy viewing art, creating art, visiting art shows, and collecting art, the Cobourg Art Club will be of interest to you.
www.cobourgartclub.ca

COBOURG POETRY WORKSHOP
This group creates and shares poetry in Cobourg.
www.facebook.com/CobourgPoetry

CROCK A DOODLE
Enjoy the fun of pottery painting in this bright and cheerful studio. Their drop-in format welcomes people of every age and ability, all day long. Just walk in, choose a piece of pottery off the shelf, plan your pottery design, or follow one of theirs and doodle away. Also offered are kid’s birthday parties, ladies nights, teambuilding and corporate events. No reservations required and no nasty studio fees!
Contact Information:
169 Division Street, Cobourg
T: 905-372-5678
www.crockadoodle.com/cobourg/

NORTHUMBERLAND HILLS STITCHERY GUILD
The aim of the Guild is to encourage and promote a sincere interest in the art of embroidery, needlework and creative stitchery. Lectures, instruction, seminars and workshops are featured for members to learn and share their knowledge.
This group welcomes all levels of experience and learning. Beginner Classes are available. Visitors are welcome.
www.nhsa.ca
THE LOFT
Cobourg’s Art House Cinema!
The Loft Cinema is a downtown, second-storey, soft-seat, boutique theatre with a focus on live music and arthouse film. The Loft specializes in contemporary documentaries and independent and foreign language films. Live concerts present exceptional professional musicians in an intimate setting.
To see a full schedule of events visit www.cobourgloft.ca
Location:
201 Division Street
(Above Craft Food House)

RAINFOW CINEMAS COBOURG
Enjoy a fun evening with family and friends at the Rainbow Cinemas Cobourg. Grab some popcorn and a drink while you take in the latest box office hit on the big screen.
Location:
Northumberland Mall
1111 Elgin St. W.
Movie Info: 905.372.2444
Office: 905.372.2225
www.rainbowcinemas.ca

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Designed to help children and young adults improve self confidence, set future goals and meet new friends through fitness and creative activities.

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Have fun training in a group setting.

Seniors
Try one of many low impact, low intensity programs offered.

We’re a charity
As a charity, all YMCA programs are non-profit and reflect our values of caring, respect, honesty, responsibility and inclusiveness.

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CHORAL LEGACY
Choral Legacy is a local women’s choir who sing three part harmony in a wide variety of musical styles – from Classical to jazz to show tunes. They perform two concerts each year, a Christmas program in December and a concert in May.

Although a working knowledge of music is helpful, the group rehearse note by note so that all musical skill levels are welcome.

Contact Info:
Shasta: 905.349.2188
Vicki: 905.885.5268
www.chorallegacy.com

JOYFULL NOISE
Joyfull Noise is a performing group that sings popular music from the 50’s, 60’s and 70’s. New members are welcome! There are no auditions, you do not need to read music, and you never have to sing by yourself. Your first night of rehearsal is absolutely free to try, so come, bring a friend, meet new friends, and sing!

Contact Info:
Grace Reform Church
440 King St. E, Cobourg
Wednesday evenings, 7 pm
T: 1 877.433.4386
www.joyfull-noise.com

THE CONCERT BAND OF COBURG
The Concert Band of Cobourg is one of the most sought after bands for parades and military tattoos throughout Ontario and beyond. The band also has a fine reputation in the formal concert setting, playing in many locales including its own Summer Concert Series every Tuesday evening in the months of July and August at the bandshell of Cobourg’s Victoria Park.

New members are always welcome. Please contact the Band ahead of time if you wish to come to a rehearsal.

Contact Info:
Email: cbcrcmb@cogeco.net
T: 905.372.0679
www.theconcertbandofcobourg.com

LA JEUNESSE CHOIRS
La Jeunesse Choir is a dedicated and respected charitable organization whose mission is to support, share and celebrate the diverse musical talents of Northumberland’s youth. Many of their alumni have gone on to enjoy successful musical careers, including the renowned folk music trio, The Good Lovelies.

The group includes three choirs and a Musical Theatre Intensive group, with both boys and girls ranging in age from seven to 19.

To book an audition or if you have questions:
Email: ljchoirs@gmail.com
Phone: 289.251.4147
www.lajeunessechoirs.com

ORIANA SINGERS
Oriana Singers sing inspiring music across a variety of genres to audiences in Northumberland County and beyond. Recent concerts have included, in addition to classics such as Handel’s Messiah, musical tributes to the movies, the Swing era, East Coast music and fusing jazz with classical.

New members welcome! A short audition is required and singers are welcome to audit one or more rehearsals first.

Contact Info:
Lynn Janes at musicdirector@orianasingers.com
www.orianasingers.com

SHOUT SISTER CHOIR
Shout Sister! takes an unorthodox approach to choral singing. The group sings a fun variety of music from Pop and Motown, to Folk, to a touch of Country and Blues.

The choir learns from recorded tracks so there is no requirement to read music.

No auditions necessary! Those interested in joining the Northumberland chapter contact www.shoutsisterchoir.ca/contact
NORTHUMBERLAND CHORUS
Northumberland Chorus is an amazing group of women, singing harmony and having fun! The group sings and performs a-cappella, four-part harmony music, barbershop style.

Northumberland Chorus is looking for enthusiastic women who love to sing and perform. No need to read music, members are supplied with learning tracks for the entire repertoire so that you can learn and practice your music just about anywhere.

Contact Info:
T: Joan at 905.372.6675 or Cheryl at 905.372.6040
www.northumberland-chorus.com

NORTHUMBERLAND NEW VENTURES BAND
The Northumberland New Ventures Band is a community band comprised of adults learning to play a musical instrument in a fun, no pressure, social group setting. Many members had no prior musical experience while some had played an instrument in high school.

The band plays many kinds of music from classic to pop, and is branching out into jazz, swing, blues and other genres as driven by the interests and abilities of its members.

The New Ventures Band music season is from September through June with weekly Wednesday and Thursday evening rehearsals:

Intro (beginner) Band sessions are held on Thursday evenings from 6 p.m. to 7 p.m.

Mezzo (Intermediate) Band rehearsals are on Thursday evenings from 7:00 p.m. to 9:00 p.m.

Avanti (experienced) Band rehearsals are on Wednesday evenings from 7:15 p.m. to 9:15 p.m.

Swing/Jazz Band as of September 2017, band members who are interested in the swing/jazz genres are welcome to join this special interest group under the guidance of music director Glenn Bailey. Swing Band rehearsals are on Wednesday evenings from 5:30 p.m. – 7 p.m.

Contact Info:
Cobourg Classroom | Terry Fox PS
1065 Riddell Ave.
T: 905.269.7433 | www.songprogram.org

SOUNDS OF THE NEXT GENERATION (SONG)
Sounds of the Next Generation (SONG) is a free, socially inclusive choral and orchestral after-school music program for under-served children and youth in Northumberland County. Inspired by El Sistema, SONG promotes social development through the pursuit of musical excellence.

2019-2020 SONG PROGRAM SCHEDULE

CHORAL PROGRAM
Primary Choir (Grades 1-3)
Mondays | 4:00 – 5:00

Junior Choir (Grades 4-6)
Mondays | 5:00 – 6:00
Wednesdays | 4:00 – 5:00 (optional)

Senior Choir (Grades 7-9)
Wednesdays | 5:00 – 6:00

STRING PROGRAM
Tuesdays
3:50pm - Beginner Class | Jr 1 & 2 music literacy
4:50pm - Jr 1 & 2 ensemble
5:30pm - Jr Tutorials

Thursdays
3:50pm - Sr Chamber ensemble | Jr 2 music literacy
4:50pm - Jr 2 & Sr Orchestra
5:30pm - Sr Tutorials

Contact Info:
Cobourg Classroom | Terry Fox PS
1065 Riddell Ave.
T: 905.269.7433 | www.songprogram.org

COBOURG LEGION PIPES & DRUMS/COBOURG POLICE SERVICES PIPES & DRUMS
The Cobourg Legion Pipes and Drums conduct parades and concerts on behalf of the Cobourg Legion. The band is led by Pipe Major Mary Ito and Drum Sergeant Mark Dimnie. In 2018 the Cobourg Police, as an expansion of their community work announced a new partnership with the band.

Contact Information:
www.facebook.com/cobourgpipes
E: maryito743@hotmail.com
COBOURG DANCE CLUB
Cobourg Dance Club promotes social friendship in the Cobourg Community and surrounding areas. Their mission is to create a safe and happy atmosphere for everyone to come out make friends, meet other people and dance. Talented Disc Jockeys provide dancers with great music geared to age 45 plus, including line dancing, Latin, ballroom, western and rock’n’roll.

2019 Schedule
October 25, 2019 – Costume Party
November 8, 2019 – Regular Dance
November 22, 2019 – Glitz and Glamour Theme
December 6, 2019 – Christmas Dance
December 31, 2019 – New Year’s Party

Contact Info:
T: John @ 289.927.1260
E: cobourgdanceclub@gmail.com
www.cobourgdanceclub.com

HIGH POINTES DANCE ACADEMY
High Pointes Dance Academy has been offering Cobourg the highest quality of training for recreational and competitive dancers in Cobourg for 13 years. Their outstanding programs and award winning choreography is what inspires, motivates and gives dancers the passion to excel and love the art of dance. Whether you are training for a professional career or dancing just for fun, the instructors at High Pointes guide all of their dancers in a positive and rewarding manner.

View their 2019/2020 schedule at:
www.highpointesdance.com/schedule

Contact Info:
T: 905.377.8029
450 Campell St., (behind Lafarge off Darcy St.)
www.highpointesdance.com

JUST DANCE NORTHUMBERLAND
An elegant and intimate space with professional, supportive, and friendly staff. Offering weekly classes, workshops, master and celebrity classes, and performance opportunities.

• Pre-Dance: Ages 2 – 4 years
• Acro: Ages 4+
• Ballet: Ages 5+
• Contemporary: Ages 12+
• Jazz: Ages 4+
• Lyrical: Ages 9+
• Tap: Ages 4+
• Urban: Ages 7+
• Adult Classes (Ballet, Tap, Tap Fit, Jazz & Urban)
• Competitive Team

Contact Info:
T: 905.377.0052
700 D’Arcy Street
2nd Floor
www.justdancenorthumberland.com

PREMIERE DANCE COBOURG
Dynamic and modern dance studio, locally owned and operated by dance professionals. Their talented teachers are passionate about dance and teaching as a team, combining their variety of skills in experience and artistry to create a rewarding experience for their dancers.

• PreSchool Ages 2.5 – 4 years
• Mini Ages 5 – 7 years
• Junior Ages 8 – 11 years
• Intermediate/ Senior 12 years+
• Adult Classes
• Boys Dance
• Competitive Program
• Teacher Training program

Contact Info:
726 Ontario Street, Unit #2
Cobourg, ON K9A 5E7
T: 905.377.0711
www.premieredancetheatre.ca

COBOURG SACRED CIRCLE DANCE
Dancing in a circle is one of the oldest ways to celebrate community and our connection to the earth around us. Put stress aside and move together to music from around the world. New and centuries-old steps are always taught.

Contact Info:
E: moonfire@eagle.ca
www.cbgscdance.wikifoundry.com
Constructed in 2011 the Cobourg Community Centre (CCC) has become the recreational heart of the Town of Cobourg. The 142,000 square foot facility is completely barrier free and is a major provider of programs and activities for a variety of ages and abilities. The CCC includes two ice pads, one large gymnasium, numerous multi-purpose rooms and an indoor walking track that is free for public use 12 months of the year.

The CCC is home to the Ontario Junior Hockey League Cobourg Cougars and the Major Lacrosse team Cobourg Nissan Kodiaks. These two teams play out of the CCC Bowl arena where 2,000 fixed stadium style seating welcomes cheering fans and out of town guests on a weekly basis. The CCC ice is also host to Northumberland Minor Hockey Association, the West Northumberland Girls Hockey Association, Northumberland Minor Lacrosse and many other local teams.

Recreational staff at the CCC provide programming for children and youth, adults and seniors. Fitness programming for all age categories covers a wide variety of activities from skating and hockey development to dance and aerobics and weight training and boot camp. The CCC facilities are also used for third party rental programs such as the Justin Williams Hockey Camp, Invado Volleyball and the Cobourg Lawn bowling Club.

A major provider of Seniors Fitness and arts programs is the Cobourg Seniors Activity Centre. Seniors programming includes weekly fitness classes, registered art programs and creative clubs such as woodworking and quilting. The gymnasium schedule includes weekly Pickleball games, table tennis, line dancing, group training and much more.

COBOURG COMMUNITY CENTRE - COMMUNITY EVENTS

The Cobourg Community Centre hosts an exciting lineup of community events. From concerts to art shows, ComiCon to petting zoos the CCC has the space and capabilities to bring a variety of community events to the people of Cobourg and surrounding area. Our board room and numerous multi-purpose rooms, equipped with projectors and high speed internet are the perfect space for corporate meetings and community gatherings.

- ComiCon: November 10th
- Handmade for the Holidays Market: November 17th
- Canada Short Mat Bowling Championships: November 23rd
- Country Legends: January 23rd
- 2020 Ontario Provincial Pickleball Championships: May 8-12th
<table>
<thead>
<tr>
<th>Program Name</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
<th>Exceptions</th>
<th>Ages</th>
<th>Descriptions</th>
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<tbody>
<tr>
<td>Learn to Skate</td>
<td>Thurs</td>
<td>3:50-4:20pm</td>
<td>Jan. 16</td>
<td>Mar. 19</td>
<td>4-10 years</td>
<td>Learn to Skate in small classes with additional CCC Instructors and volunteers, which encourages children to try skating and learn the basics, at their own pace. Children are put into groups based on skill levels and ages each lesson.</td>
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<td>Jan. 16</td>
<td>Mar. 19</td>
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<tr>
<td>Learn to Skate</td>
<td>Sat</td>
<td>8:50-9:20am</td>
<td>Jan. 18</td>
<td>Mar. 14</td>
<td>Feb. 15</td>
<td>Learn to Skate in small classes with additional CCC Instructors and volunteers, which encourages children to try skating and learn the basics, at their own pace. Children are put into groups based on skill levels and ages each lesson.</td>
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<tr>
<td>Powerskating</td>
<td>Thurs</td>
<td>5:00-5:50pm</td>
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<td></td>
<td>4-10 years</td>
<td>A program based ENTIRELY on skating skills. Pucks are used minimally, as we focus on pure skating technique and improving speed. Great for kids who are currently playing organized hockey as it is a very fast paced program.</td>
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<tr>
<td>Learn to Skate (Parent/Tot)</td>
<td>Sat</td>
<td>9:20-9:50am</td>
<td>Jan. 18</td>
<td>Mar. 14</td>
<td>Feb. 15</td>
<td>Parent &amp; Child Learn to Skate program, encourages parent participation in their child's skating education! Skill stations are set up on the ice and CCC Instructors are available to assist parent/guardian, through beginner skills to help their child learn the basics of skating. Program is focused on building confidence in the child and improving their balance and comfort on the ice.</td>
<td></td>
</tr>
<tr>
<td>Learn to Play Hockey</td>
<td>Sat</td>
<td>8:00-8:50am</td>
<td>Jan. 18</td>
<td>Mar. 14</td>
<td>Feb. 15</td>
<td>Learn to Play Hockey is a great program that introduces kids to the world of hockey! Each session will include opportunities for children to improve their skating, passing, shooting and scoring skills!</td>
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***All participants MUST wear skates and CSA approved hockey helmets during the program.**

**FULL EQUIPMENT REQUIRED**
### Child Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Parent/Tot Creative Dance</td>
<td>Mon</td>
<td>5:00-5:30pm</td>
<td>Jan. 13</td>
<td>Mar. 23</td>
<td>Feb. 17</td>
<td>18 months - 3 years</td>
<td>Parent/Tot Creative dance is a fun and energetic class that will introduce toddlers to creative music and creative dance. Parents/ Caregivers fully participate with their little one in class each week. Structure will be enhanced throughout the session while children enjoy learning through repetition and exploration.</td>
</tr>
<tr>
<td>Creative Dance</td>
<td>Mon</td>
<td>5:30-6:00pm</td>
<td>Jan. 13</td>
<td>Mar. 23</td>
<td>Feb. 17</td>
<td>4-7 years</td>
<td>Designed for kids to introduce them to dance with a focus on being active and getting moving! A fun and interactive dance class that encourages creativity and exploration in dance.</td>
</tr>
<tr>
<td>Kinder Dance</td>
<td>Wed</td>
<td>5:00-5:30pm</td>
<td>Jan. 15</td>
<td>Mar. 18</td>
<td></td>
<td>3-5 years</td>
<td>Kinder Dance is an upbeat and energetic introduction to movement and music for our busy toddlers! Being creative and learning how to make your body move will keep this class fun and exciting! Let the beat move you!</td>
</tr>
<tr>
<td>Tiny Ballerinas</td>
<td>Wed</td>
<td>5:30-6:00pm</td>
<td>Jan. 15</td>
<td>Mar. 18</td>
<td></td>
<td>2-4 years</td>
<td>This is an introductory ballet based class, incorporating the balance and form through creative movement. Lots of fun, with good music and laughter makes this class a great one to start with, in your tiny dancer’s journey through dance.</td>
</tr>
<tr>
<td>Creative Dance Combo</td>
<td>Wed</td>
<td>6:00-6:45pm</td>
<td>Jan. 15</td>
<td>Mar. 18</td>
<td></td>
<td>6-8 years</td>
<td>Get up and DANCE! This class will try a little bit of everything! From tap, to ballet, jazz, hip hop and creative movement, this class is great for our dancers that have participated in some of our other dance programs and looking to try new things - new dancers are welcome too!!</td>
</tr>
<tr>
<td>Super Sports</td>
<td>Thurs</td>
<td>5:00-6:00pm</td>
<td>Jan. 16</td>
<td>Mar. 19</td>
<td></td>
<td>3-5 years</td>
<td>Join us for an energy filled program that will allow kids to try new sports, practice skills and enjoy some ‘game time’ each week. Some of the sports we will try will include: Basketball, Soccer, Volleyball, Floor Hockey, Pickleball, Badminton. **Please bring indoor running shoes and a bottle of water!</td>
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</tbody>
</table>

### Youth Programs

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<thead>
<tr>
<th>Program Name</th>
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<th>Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musical Theatre</td>
<td>Mon</td>
<td>6:00-7:00pm</td>
<td>Jan. 13</td>
<td>Mar. 23</td>
<td>Feb. 17</td>
<td>7-12 years</td>
<td>We encourage kids to be creative and try new things! That’s why Musical Theatre is a great place to start! Kids will learn about dancing, singing, acting and have a chance to put it all together in a mini-showcase at the end of the program, for friends and family.</td>
</tr>
<tr>
<td>Creative Writing</td>
<td>Mon</td>
<td>6:00-8:00pm</td>
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<td>10-16 years</td>
<td>Participants will get to explore their writing with practice, discussion, peer critique and editing. We will learn about short stories, creative non-fiction and poetry, while we write our own an listen to the writing of our peers. We will also explore other genres of interest to participants. Access to Google Drive will enhance participation in this program.</td>
</tr>
<tr>
<td>Teen Tech Workshop</td>
<td>Sat</td>
<td>10:00am-2:00pm</td>
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<td>13-16 years</td>
<td>Come out and explore the world of technology and what it means to you! In a series’ of workshops, we will review different types of social media, design, coding, branding and marketing while always keeping cyber safety as a priority.</td>
</tr>
</tbody>
</table>
MONDAY

MAKE & TAKE IT
Arts & Crafts - All the favourites and more! Children can take home their creations.

STEAM

TUESDAY

SKILLS & ROCKWALL

STEAM

WEDNESDAY

GAMES NIGHT
Board games, card games, bean bag toss, and more. Some competitive timed games too!

STEAM

THURSDAY

BUILD IT
Kids use & improve conceptual skills while creating structures using building tools such as wooden blocks, Lego, Rainbow discs, modeling clay etc.

STEAM

FRIDAY

MOVE IT! MOVE IT!
Plenty of time to burn off steam on the Pentel Playground, Rock Wall, Bouldering Wall or “Bustin’ a Move” to music!

STEAM

Monday to Thursday
4:30-7:30pm
Saturday
9:00-11:00am

The Cobourg YMCA Family Zone allows parents to workout or try a new class while their kids enjoy programs delivered through the STEAM approach.

Ages 3-12yrs

• Science
• Technology
• Engineering
• Art
• Math

GOOD NIGHT MOON
Come in your pyjamas and snuggle up for bedtime stories with friends. BYOSB (bring your own stuffy & blankie) Parents are welcome. Great for after your swim lesson or youth program! Drop in anytime.

Ages 0 - 5
Monday - Thursday 7:00-7:30pm (Lobby)

COOKING - STEAM

Ages 3 - 5
Tuesday 5:00-5:30pm (Early ON)
Saturday 9:00-9:30am (Child Care)

Ages 6 - 8
Tuesday 5:45-6:15pm (Early ON)
Saturday 9:45-10:30am (Child Care)

Ages 9 - 12
Tuesdays 6:30-7:15pm (Early ON)
Saturday 10:30-11:15am (Child Care)

There will be no programs Monday, October 14 (Thanksgiving Monday) or Thursday, October 31 (Halloween) Programs that take place on Monday and Thursdays are 12 weeks in length. You can register anytime throughout the session. Fees are prorated.

LEADERS IN TRAINING

Ages 9 - 11
Wednesday 5:30-6:15pm (Association Services) Members FREE
Non-members $65

Ages 12+
Wednesday 6:30-7:30pm (Association Services) Members FREE
Non-members $65
How to workshops
Courses and workshops on a variety of subjects that will allow participants to expand their knowledge on a specific subject. Dates, times & availability subject to change.

<table>
<thead>
<tr>
<th>PROGRAM &amp; DESCRIPTION</th>
<th>DAY/TIME</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>HOME ALONE COURSE</td>
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<tr>
<td>The Home Alone Program is designed to provide children ten years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. The course material covers such topics as, emergencies, strangers, emergency first aid — certificate issued upon completion of course. The program includes outdoor activity &amp; afternoon swim. Bring lunch, snacks, a water bottle, appropriate outdoor clothing, a bathing suit and towel. Prerequisites: Must be 10 years old by the start of the course.</td>
<td>Sept 27 OR Nov 22 Friday 9:00am - 4:00pm</td>
<td>Members: $75.00 Non-Members: $100.00</td>
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<tr>
<td>BABYSITTERS COURSE</td>
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<tr>
<td>This Babysitter training course is designed for youth aged 12–15. Participants learn how to run a small babysitting business and how to supervise younger siblings or other children in a safe and responsible manner. Aspiring babysitters also learn basic first aid skills. A certificate will be issued at the completion of the course. Manual included. Prerequisites: Must be 12 years old by the start of the course.</td>
<td>Nov 7 - Dec 12 Thursdays 6:30-8:30 pm</td>
<td>Members: $125.00 Non-Members: $175.00</td>
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<tr>
<td>BUILD WITH BRAD</td>
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<tr>
<td>Join Brad as he teaches participants basic woodworking skills using age-appropriate materials and tools. 10+ kids will construct, from start to finish, a picnic table for the YMCA Northumberland campground and will “sign” their work for recognition. 6-9 years will make &amp; take home their own hat rack. STEAM</td>
<td>Sept 24 - Oct 8 Tuesdays 6-9yrs 4:30-5:15 pm 10yrs+ 5:30-7:00 pm</td>
<td>Members: $25.00 Non-Members: $40.00</td>
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<tr>
<td>MAKE A PILLOW</td>
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<tr>
<td>Beginner sewing skills presented in a fun way. Make and take home your own pillow. Great for beginners 8 yrs &amp; over. Parents are welcome. Prerequisites: An adult must accompany participants 10 years and under. STEAM</td>
<td>Oct 15 &amp; 22 Tuesdays 6:30-8:30 pm</td>
<td>Members: $20.00 Non-Members: $35.00</td>
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<tr>
<td>MAKE A HOLIDAY WOODEN SIGN</td>
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<tr>
<td>A fun crafting afternoon where you get to take home a do-it-yourself holiday wood sign masterpiece. Perfect for a gift or to display at home. Suitable for all ages. All materials included in price. Prerequisites: Must be 10 years old by the start of the course. STEAM</td>
<td>November 30 Saturday 1:00pm-3:00pm</td>
<td>Members: $20.00 Non-Members: $35.00</td>
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**Play Centre**

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**Open Gym - Must be 10yrs+ or supervised by someone 12yrs+**

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<td>5:00-9:00am</td>
<td>6:30am-8:15am</td>
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<td>12:00-5:00pm</td>
<td>11:15-1:00pm</td>
<td>11:30-5:30pm</td>
<td>11:00-4:00pm</td>
<td>2:30-6:00pm</td>
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<td>7:00-10:00pm</td>
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**Cobourg YMCA Indoor Pool - Open Swim**

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<td>12:30-10:00pm</td>
<td>1:00-7:00pm</td>
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**Youth Access**

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<td>3:00-9:00pm</td>
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</table>

- Youth 10 - 15yrs unaccompanied by a parent may access the cardio equipment only during Youth Access hours.
- Youth 10 - 15yrs directly accompanied by a parent may access the cardio and strength training equipment during open hours.
- Youth 13 - 15yrs who have received a shoe tag by completing Teen Strength 101 (Youth Guide) with a YMCA trainer may access any equipment during Youth Access hours. Book your appts at Membership Services.

**Pentel Playground**

(Children 9 years and younger must be supervised by someone 12 years and older. Parents must be in the facility with children.)

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<thead>
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<tbody>
<tr>
<td>12:30 - 4:15pm</td>
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<td>12:30 - 5:00pm</td>
<td>12:30 - 10:00pm</td>
<td>1:00-7:00pm</td>
<td>12:00-5:00pm</td>
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</tbody>
</table>

**Climbing Wall**

(Children 9 years and younger must be supervised by someone 12 years and older. Parents must be in the facility with children.)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>4:30-7:30pm</td>
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<td></td>
<td>9:00-11:00am</td>
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</tbody>
</table>

Times, dates, and availability can change. Please visit ymcanrt.org for the most up to date information.
ADULT PROGRAMMING

COBOURG COMMUNITY CENTRE

CCC ADULT FITNESS CLASSES

Drop In Rates:
$5.00 – Drop In rate/class
$25.00 – One month Unlimited Class Pass
$15.00 – One month Youth Unlimited Class Pass (11 – 16)

Schedules are posted monthly – Visit ccc.cobourg.ca for more information.

BOOT CAMP
Challenge yourself with this fast paced, calorie burning workout that will take your fitness to the next level. Format changes every class to keep things interesting. Modifications are always offered for the beginner to the advanced!

FIT HAPPENS
Build muscle, burn calories, lose fat! An effective total body muscle conditioning workout utilizing a variety of equipment and offering lots of modifications. Get fit and have fun while doing it.

CARDIO & CORE
Start the class off with a cardio blasting workout that will boost your metabolism and burn calories. Finish off by challenging the core with functional exercises that will enhance your daily activities. Focus on your core body and strengthen your abs and back.
ADULT PROGRAMMING

ADAM’S BOOT CAMPS
Adam’s Boot Camps offer guidance and motivation from supportive personal trainers who will help you reach your realistic fitness goals, new routines every day, training programs with flexible hours and a fun an interactive atmosphere to work out with new friends.

Contact Info:
880 Division St., Cobourg
T: 289.251.2297
www.adamsbootcamps.com

BODILOGIX FITNESS
The staff at Bodilogix believe you should be experiencing the quality of life you deserve. It’s about optimal living and the vitality to take on everything you want in life, with energy to spare. It is their mission to help you embrace a healthier lifestyle and live happily ever active.

Contact Info:
726 Ontario St. Unit 8, Cobourg
T: 905.372.8400
www.bodilogix.com

COLOSSAL FITNESS
Personal Training, Nutrition and Diet, Personalized Programs, Strength, Athletics and Sports Training and Performance Training.

Colossal Fitness exists to create a professional, nurturing and supportive environment for people of all demographics to achieve their health and fitness goals for personal and athletic purposes.

Contact Info:
1030 Division St., Cobourg
T: 905.269.7342
www.colossalfitnesstraining.com

ANYTIME FITNESS
Friendly, professional staff is trained to help you along your fitness journey, no matter how much support you need. Membership includes a free, no-pressure fitness consultation, global access to more than 3,000 gyms, and always open 24/7 convenience.

Contact Info:
500 Division St., Cobourg
T: 905.372.9020

CROSS FIT COBOURG
CrossFit is a program developed to offer a full-body workout that combines elements of cardio, weight lifting, gymnastics, core training and more to prepare the body for the unexpected. This high-intensity workout is extremely varied and all about getting the most bang for your workout buck.

Contact info:
210 Willmott St., Unit 8A, Cobourg
T: Scott: 905.269.9348 | Bud: 905.396.9348
www.crossfitcobourg.com

CURVES
Over 25 years ago, Curves changed women’s fitness by delivering studio fitness without the premium price. While the workouts are only 30 minutes, you feel the benefits long after. A Curves membership gives you the tools and support you need to reach your goals and set the stage for a healthier, more active future.

Contact Info:
884 Division Street, Cobourg
T: 905.372.1298
www.curves.com
FITNESS FRENZY
Personal Training, Holistic Lifestyle Coaching, Fitness Classes.
Fitness Frenzy will help you achieve your fitness and health goals, quickly and safely. Improve your mood, energy and de-stress.
Contact Info:
1040 Division St. Unit 10, Cobourg
T: 289.251.3308
www.fitnessfrenzy.ca

FUSION WELLNESS
The collective group of Yoga and Fitness professionals at Fusion Wellness provide a versatile selection of classes and styles to ensure every class you experience is one of a kind. With smaller, intimate classes, they are able to commit to the best quality of teaching standards, where community comes first.
Nurturing Yoga, Gentle Somatic Yoga, Yoga for Beginners (& Beyond), Yoga Retreats.
Contact Info:
12 Elgin Street East, Unit 3, Cobourg
T: 905.372.9191
www.fusionwellness.ca

KARMA LIFESTYLE YOGA
Karma Lifestyle marries karma and yoga to help you get from where you are to where you want to be. They understand that you’re on a journey, and that only you can create the life that makes you happy and they are here to help you do it.
Aerial Yoga, Chakra Restore, Core Yoga Alignment, Floating Aerial Restorative and Meditation, Hetha Flow, Hip and Twist, Kids Yoga, Pre-Natal Yoga, Restorative Yoga and Meditation, Slow Flow, Yin Yoga.
Contact Info:
541 William St. Unit 9B, Cobourg
T: 289.251.2350
www.karmalifestyle.com

LIVING WELL CENTRE
Pilates studio and Yoga centre. Their group classes are designed to be progressive. Classes are scheduled in session to better help students learn movement skills that they can grow. Pilates, Stability Ball, Yoga, Somatic Movement and Speciality Series.
Contact Info:
271 Spring Street, Cobourg
T: 905.396.YOGA (9642)
www.livingwellmovement.ca

YOUR YOGA PRACTICE
Whether you are starting to explore yoga to help you move more freely, building your abilities for your own health benefits, or expanding your practice to find the deeper edges of your posture, the team at Your Yoga Practice can assist you. Yoga is most beneficial when it is tailored to your abilities and goals. This is Your Yoga Practice: your success is their primary focus.
Contact Info:
215 Water St., Cobourg
T: 905.376.3818
www.youryogapractice.ca
## Cobourg YMCA Aquatics Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>5:30-8:00am</td>
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<td>6:30-7:30am</td>
<td>8:00-12:00pm</td>
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<td>Lane Swim</td>
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<tr>
<td>8:15-9:00am</td>
<td>6:30-7:30am</td>
<td>8:15-9:00am</td>
<td>6:30-7:30am</td>
<td>8:15-9:00am</td>
<td>9:00-11:30am</td>
<td>9:00-11:30am</td>
</tr>
<tr>
<td>AquaFit</td>
<td>Water Power Fitness</td>
<td>AquaFit</td>
<td>Water Power Fitness</td>
<td>AquaFit</td>
<td>Barracudas (3 lanes)</td>
<td>Swim Lessons</td>
</tr>
<tr>
<td>9:15-10:00am</td>
<td>7:30-9:00am</td>
<td>9:15-10:00am</td>
<td>9:15-10:00am</td>
<td>9:15-10:00am</td>
<td>7:30-9:15am</td>
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<tr>
<td>AquaFit</td>
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<td>AquaFit</td>
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<td>AquaFit</td>
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<tr>
<td>Lane Swim</td>
<td>AquaFit</td>
<td>Lane Swim</td>
<td>Lane Swim</td>
<td>Lane Swim</td>
<td>Swim Baby Bootcamp</td>
<td>Lane Swim</td>
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<tr>
<td>10:00-12:30pm</td>
<td>10:00-12:30pm</td>
<td>10:00-12:30pm</td>
<td>10:00-12:30pm</td>
<td>10:00-12:30pm</td>
<td>10:00-12:30pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>Swim Lessons</td>
<td>12:30-4:15pm</td>
<td>12:30-4:15pm</td>
<td>12:30-4:15pm</td>
<td>12:30-5:00pm</td>
<td>Water Baby Bootcamp</td>
<td>Open Swim</td>
</tr>
<tr>
<td>12:30-4:15pm</td>
<td>Open Swim</td>
<td>4:30-7:30pm</td>
<td>Swim Lessons</td>
<td>Open Swim</td>
<td>Junior Lifeguard Club</td>
<td></td>
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<tr>
<td>Open Swim</td>
<td></td>
<td>6:00-7:00pm</td>
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<td>7:00-12:00pm</td>
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<tr>
<td>4:30-7:30pm</td>
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<td>7:30-8:30pm</td>
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<td>6:00-7:00pm</td>
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<tr>
<td>Lessons</td>
<td></td>
<td>Open Swim</td>
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<td>Y Waves/ Bronze Course</td>
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<tr>
<td>7:30-8:30pm</td>
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<td>8:30-10:00pm</td>
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<td>Bronze Star</td>
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<tr>
<td>Lane Swim</td>
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<td>7:30-10:00pm</td>
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<tr>
<td>*Sept 3 to 15</td>
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<td></td>
<td>Lane Swim</td>
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</tr>
<tr>
<td>No swim lessons.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(5 lanes available)</td>
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</tr>
<tr>
<td>Open swim will</td>
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<td></td>
<td></td>
<td>Lane Swim</td>
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<tr>
<td>run during swim lesson</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(2 lanes available)</td>
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<td>times unless otherwise</td>
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<tr>
<td>Lane Swim</td>
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<tr>
<td>Open Swim</td>
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</table>

Jump in! Experience the benefits of getting active in water.
### Cobourg YMCA Group Fitness Schedule

**Sept. 16th to Dec. 22nd**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>6:00-6:45am</td>
<td>TRX Circuit S / 2</td>
<td>6:00-6:45am</td>
<td>Strong Bodies S / 2</td>
<td>6:00-6:45am</td>
<td>Strong Bodies S / 2</td>
</tr>
<tr>
<td>8:00-8:30am</td>
<td>Core S / 2</td>
<td>8:00-8:30am</td>
<td>Gentle Flow Yoga S / 1</td>
<td>8:00-8:30am</td>
<td>Core S / 2</td>
</tr>
<tr>
<td>9:00-9:45am</td>
<td>Barre S / 2</td>
<td>9:00-9:45am</td>
<td>Strong Bodies G / 2</td>
<td>9:00 - 9:45am</td>
<td>Barre S / 2</td>
</tr>
<tr>
<td>9:15-10:15am</td>
<td>Prime Time G / 1</td>
<td>9:15-10:15am</td>
<td>Prime Time G / 1</td>
<td>9:15-10:15am</td>
<td>Prime Time G / 1</td>
</tr>
<tr>
<td>9:30-10:15am</td>
<td>CycleFit C / 3</td>
<td>9:30-10:15am</td>
<td>CycleFit C / 3</td>
<td>9:30-10:15am</td>
<td>CycleFit C / 3</td>
</tr>
<tr>
<td>10:00-10:45am</td>
<td>MuscleFit G / 2</td>
<td>10:00-10:45am</td>
<td>MuscleFit G / 2</td>
<td>10:00-10:45am</td>
<td>Arriba G / 2</td>
</tr>
<tr>
<td>10:30-11:15am</td>
<td>Yoga Flow S / 2</td>
<td>10:30-11:15am</td>
<td>Yoga S / 2</td>
<td>10:30-11:15am</td>
<td>Strong Body Extreme G / 3</td>
</tr>
<tr>
<td>12:00-12:45pm</td>
<td>Meditation S / 1</td>
<td>1:00-1:45pm</td>
<td>Chair Strength S / 1</td>
<td>1:00-1:45pm</td>
<td>Chair Strength S / 1</td>
</tr>
<tr>
<td>1:00-1:45pm</td>
<td>Chair Yoga S / 1</td>
<td>2:00-2:45pm</td>
<td>Restorative Yoga S / 1</td>
<td>2:00-2:45pm</td>
<td>Restorative Yoga S / 1</td>
</tr>
<tr>
<td>5:15-6:00pm</td>
<td>MuscleFit S / 2</td>
<td>5:15-6:00pm</td>
<td>Strong Bodies S / 2</td>
<td>5:30-6:15pm</td>
<td>Yoga S / 2</td>
</tr>
<tr>
<td>5:15-6:00pm</td>
<td>Strong Body Extreme G / 3</td>
<td>6:15-7:00pm</td>
<td>Barre S / 2</td>
<td>6:00-6:45pm</td>
<td>CycleFit C / 3</td>
</tr>
<tr>
<td>6:00-6:45pm</td>
<td>CycleFit C / 3</td>
<td>6:00-7:00pm</td>
<td>Strong Body Extreme G / 3</td>
<td>6:30-7:30pm</td>
<td>Yoga S / 2</td>
</tr>
<tr>
<td>7:00-8:30pm</td>
<td>Yoga Flow S / 2</td>
<td>8:00-9:00pm</td>
<td>Yoga for Runners S / 2</td>
<td></td>
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</tr>
</tbody>
</table>

**In the pool**

| 8:15-9:00am | AquaFit P / 1 | 6:30-7:15am | Water Power Fitness P / 2 | 8:15-9:00am | AquaFit P / 1 | 16:30-7:15am | Water Power Fitness P / 2 | 8:15-9:00am | AquaFit P / 1 | 6:30-7:15am | Water Power Fitness P / 2 |
| 9:15-10:00am | AquaFit P / 1 | 9:15-10:00am | AquaFit P / 1 | 9:15-10:00am | AquaFit P / 1 | 8:15-9:00am | AquaFit P / 1 | 8:15-9:00am | AquaFit P / 1 | 8:15-9:00am | AquaFit P / 1 |

**Locations**

- **G** = Gymnasium
- **S** = Fitness Studio (Upper Level)
- **C** = Cycle Studio
- **P** = Pool
- **CP** = Centennial Outdoor Pool (Seasonal)

**Intensity**

- **1** = Low
- **2** = Medium
- **3** = High

**HOURS OF OPERATION**

<table>
<thead>
<tr>
<th>MON-FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>Holiday Hours</th>
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</thead>
<tbody>
<tr>
<td>5:00am-10:00pm</td>
<td>6:00am-7:00pm</td>
<td>8:00am-5:00pm</td>
<td>7:00am-5:00pm</td>
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</tbody>
</table>

**Mom & Baby**

- **Strong Bodies for Moms**
  - Tues 11:30am-12:00pm | Cycle Studio
- **Water Baby Boot Camp**
  - Fri 10:00am-10:30am | Pool

*Strong Bodies for Moms - FREE play centre for moms to leave little ones and get a 30-minute workout that focuses on building strength and endurance.*
## TRAIN LIKE AN OLYMPIAN - 12-17yrs

Learn what it takes to train at the highest level. Driven, dedicated and striving for results and excellence, Ryan Lue has a sports background and was on the national and Olympic freestyle wrestling team. Ryan is currently training at the Cobourg YMCA as he prepares to compete at the Canadian Wrestling Trials in Niagara, Ontario in December 2019 for the opportunity to represent Canada at international qualifying events for the 2020 Tokyo Olympic Game. In addition to working with Ryan, meet the team of therapists and professionals who will teach participants about injury prevention, nutrition and goal setting. This program is designed for participants aged 12-17yrs but can be adapted to other age groups. Please inquire at membership services. Small group 2-6 participants - limited space available.

| September 24 - December 13 | Members: $459  
| Tuesdays & Thursdays 7:00-8:10pm | Non-members: $559 |

## GET WITH THE PROGRAM

An intensive 28-day program to take your fitness to the next level. THE PROGRAM is geared to anyone from the classic couch potato to the athlete wanting to add an extra effort for the next month. Two group workout a week, as well as several small group coaching sessions throughout the program, participants will see and feel the results. The PROGRAM is led by a well known local coach and athletic trainer, Kyle Henderson, with more than 20 years of experience.

| Session 1 October 1 - October 29 | Members: $179  
| Session 2 November 5 - December 3 | Non-members: $299 *includes a one month membership |

## WEIGHTLIFTING FOR WOMEN

You have spent several years mastering the basics of strength training, and you are ready for more complex moves. This program will teach you how to move safely in compound lifts, increasing mobility and strength, progressing to barbell squats, deadlifts and benchpress. Small group 2-6 participants. *No classes on Halloween

| October 3 - November 14 | Members: $99  
| Thursdays 7:00-8:15pm | Non-members: $199 *includes a one month membership |

## YOGA FOR PELVIC HEALTH

Yoga for Pelvic Health is a 6-week program that will teach participants how the pelvic floor is supposed to function for proper bladder and bowel control, sexual health, core stability and support of the internal pelvic organs. Local Physiotherapist and Yoga Teacher, Leslie Richards, will teach participants yoga postures and exercises to become more aware of your pelvic floor muscles and how to lengthen and strengthen these muscles for optimal function.

| October 8 - November 12 | Members: $99  
| Tuesdays 7:00-8:00pm | Non-members: $199 |

## CLIMBING FOR ADULTS

Learn the basics of indoor rock wall climbing in a fun and relaxed atmosphere. Learn climbing-specific strength and flexibility exercises to improve your performance in the gym or on the mountain. Small Group 4-8 participants. *No classes on Halloween

| October 10 - November 21 | Members: $59  
| Thursdays 7:00-8:00pm | Non-members: $99 |
Because you can count on a neighbour
Since 2001, Marc Bebee has been serving Northumberland County

BE BEE & ASSOCIATES
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Legal Professional Corporation

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Wills and Estates  Civil Law
Criminal Law

905-372-2217  info@BeebsLaw.com  BeebsLaw.com

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Cobourg, ON • 905-373-0333

We offer 10 to 40 yard bins
AND
• bush-hogging • lot clearing
• off-road tree clearing and chipping
• demolition • trail-building

COBOURG DRUG MART
PharmaChoice

Making Life Easier

Come Visit us Today!

Hours:  Monday - Friday - 9:00am - 5:30pm
Saturday - 9:00am - 1:00pm
Sunday - Closed

9 Elgin Street, Unit 6A, Cobourg, ON

T. 905-377-8600 • F. 905-377-8707
Pharmachoice.com

Turn this... into this
**Cobourg Paint & Wallpaper**
Jacquie Halligan
Charlene Jacob
cobpt@eagle.ca
Benjamin Moore Dealer
905 372 3841

**Nessie’s Gifts & British Fare**
Scotch pies • Pork Pies • Im-Bru
• Potato Scones • Biscuits • Jaffa Cakes
• Sweets & Crisps • Mrs Darlington Jams & Marmalades • Double Devon Cream & Imported Cheese • Celtic Fare & Heathergem Jewellery
• Scottish Napkins • Placemats • Table Runners
• Lambswool scarves and wool blankets
905-372-7158
16 King St. E., Downtown Cobourg

**T&M&P Behan Concrete Products Ltd.**
2946 Burnham St. North, Cobourg, Ontario
For great inspiration and design ideas for your outdoor living space with Unilock interlocking bricks or Unilock walls.
P: 905.372.9826 | F: 905.372.1213

**Century Electric**
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For all your Electrical Needs.
Gord Thompson
Master Electrician
Call: 905-376-2945
ECRA/ESA 7008991
centuryelectric03@hotmail.com
www.centuryelectriccobourg.ca
Over 30 years in Northumberland County.

**Hometown Bingo**
Bingo Sessions
Mon; Tues; Wed 12:30 and 7pm
Thur. and Fri. 12:30; 7pm and 9:45pm
Sat. and Sun. 12:30; 3:30; 7pm and 9:45pm

**Paper Specials**
All 12:30; 3:30 and 9:30 sessions, Thursday, Friday & Saturday paper is $2.00 per strip
Special 7pm paper pricing
Mon. 3 strip book is $5.00
Tue. dabber only bingo
Wed. purchase $60.00 verifier receive a free 5 strip book

**Desjardins Insurance**
Ted Harp, CLU
Agent
www.tedharp.com
ted@tedharp.com
9A Elgin St. E., Unit 3, Cobourg ON K9A 0A1
905-377-0848

**Northumberland North Nevada Association**
**MONSTER BINGO**
Last Saturday of each month
884 Division St, Cobourg, Ont LIC 7349
905-372-5427/26
hometownbingo.ca

**MINI MONSTER BINGO**
Second Saturday of each month

**Certain conditions limitations and exclusions may apply.**
Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.

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JOIN US ANYDAY OF THE WEEK FOR:
Food & Drink Specials
Extensive Menu
Friendly Atmosphere
Watch Sports - Play Pool
Entertainment

FOUR LOCATIONS
Newcastle - Cobourg
Port Perry - Peterborough
New Location Opening Soon!
castlejohns.com
Cobourg Seniors’ Activity Centre

The Cobourg Seniors’ Activity Centre is a wonderful way to stay active in your community, while meeting new friends and spending time with old ones.

With over 1200 active members, the Cobourg Seniors Activity Centre is a vibrant community of friends who enjoy daily fitness classes, a diversity of registered arts programs as well as free access to exciting events and cultural opportunities throughout the year.

An annual membership with the Cobourg Seniors’ Activity Centre provides you with access to over 30 drop-in fitness programs as well as a variety of registered fitness and art programs taught by certified instructors. Programs range from Pickleball, Fun and Fit, Let’s Get Physical, Painting, Woodcarving, Partner Bridge, Tai Chi, Euchre and Shuffle Board... just to name a few!

Annual membership fee: $30.00+HST/year

Drop-in fee: $1+HST/day (applies to all drop-in fitness programs)

Additional fee’s apply for registered programs.

For information on the Cobourg Seniors Activity Centre please call 905.372.7371 or visit the Cobourg Community Centre located at 750 D’Arcy Street.

Registered Programming - Seniors Fitness

YOGA FLOW
A Level 2 upbeat yoga class where one posture flows into the next. Build your strength and stamina, increase cardiovascular strength while improving your balance and flexibility. We will start slowly and progress over 12 weeks. Recommended for students that are comfortable getting up and down from the floor.

YOGA 55+
One of our most popular programs, this gentle yoga class incorporates stretching, balancing and muscle strengthening postures. A variety of breathing techniques and guided meditation are introduced.

GROUP TRAINING (SESSION 1 & 2)
This program is for anyone searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants, per session.

YOGA 55+ LEVEL 2
This yoga class explores intermediate standing, balancing and core postures for increased balance, flexibility and muscle strength. Breath work and meditation round out the practice. For students that are comfortable getting up and down off the floor.

CHAIR YOGA
A functional yoga class that is practiced sitting on a chair, or standing using a chair for support. Balance, flexibility and deep breathing are the focus of this class that will leave you feeling refreshed; gently easing stiff muscles and sore joints.

MEN’S YOGAFIT
Improve balance, flexibility, core and muscle strength. Manage chronic pain and stress with relaxation techniques to help you cope with the daily stresses and demands of your life. No previous yoga experience required all fitness levels welcome.

PILATES 55+
Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>SmartFit II Gym B 9:00am-9:45am</td>
<td>Yoga 55+ Level II Multipurpose 8am-9am</td>
<td>Quilting HTM Room 9am-3pm</td>
<td>Men’s Yoga 55+ Multipurpose 9am-10am</td>
<td>Tai Chi – Int/Adv Market Building 9am-10am</td>
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<tr>
<td>Pickleball – Bg/Int Gym A/B 9am-11am</td>
<td>Pickleball - Int/Ad Gym A/B 9am-11am</td>
<td>Yoga 55+ Level II Multipurpose 9:15am-10:15 am</td>
<td>Walking Intervals Walking Track 9:30am-10:15 am</td>
<td>Smart Fit I Gym B 9am-9:45am</td>
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<tr>
<td>Yoga Flow Multipurpose 10am-11am</td>
<td>Wood Carving Seniors Room 9:30am-12pm</td>
<td>Fun &amp; Fit Gym B 9:30am-10:15 am</td>
<td>Tai Chi – Beginner Multipurpose 9:30am-10:30 am</td>
<td>Table Tennis Gym B 9:30am-11:30am</td>
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<tr>
<td>Cardio Combo Gym B 10:30am-11:15am</td>
<td>Line Dancing Multipurpose 9:30am-11:30am</td>
<td>Ladies Friendship Seniors Room 9:30am-11am</td>
<td>Table Tennis Gym A 9:30am-11:30am</td>
<td>Cardio Mix Gym B 9:45am-10:30am</td>
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<tr>
<td>Active Bodies Gym B 11:30am-12:15pm</td>
<td>Body Tone Gym B 11:15am-12pm</td>
<td>Let’s Get Physical Gym B 10:30am-11:15 am</td>
<td>Rug Hooking Seniors Room 9:30am-12pm</td>
<td>Yoga 55+ Multipurpose 10:45am-11:45am</td>
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<tr>
<td>Table Tennis Gym A 1pm-3pm</td>
<td>Chair Yoga Bea’s Place 1pm-3:30pm</td>
<td>Yoga 55+ Multipurpose 10:30am-11:30am</td>
<td>Pilates 55+ Multipurpose 10:30am-11:15 am</td>
<td>Euchre Market Building 1pm-4pm</td>
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<tr>
<td>Yoga 55+ Multipurpose 1pm-2 pm</td>
<td>Carpet Bowling Multipurpose 1pm-3:30pm</td>
<td>Core &amp; Stretch Multipurpose 11:45am-12:30pm</td>
<td>Zumba 55+ Gym B 10:30am-11:15 am</td>
<td>YELLOWW Drop in Programs at the CCC $1+HST</td>
</tr>
<tr>
<td>Social Painting Seniors’ Room 1pm-3 pm</td>
<td>Bid Euchre Seniors Room 3:30pm-5:30pm</td>
<td>Pickleball – all Gym A/B 1pm-3pm</td>
<td>55+ GroupTraining Gym B 11:30am-12:15pm</td>
<td>BLUE Registration Necessary. Summer Sessions begin the Week of January 13th</td>
</tr>
<tr>
<td>Bridge Market Building 1pm-4 pm</td>
<td>Pickleball Gym A/B 6pm-8pm</td>
<td>Scrabble Seniors Room 2pm-4pm</td>
<td>Pickleball – Adv Gym A 1pm-3pm</td>
<td>PURPLE Drop in Programs and the Market Building $1+HST</td>
</tr>
<tr>
<td>55+ GroupTraining Gym B 1:30am-2:15 pm</td>
<td>Camera Club* Market Building 7pm-10pm</td>
<td>Partner Bridge Market Building 1pm-4pm</td>
<td>Carpet Bowling Multipurpose 1pm-3:30pm</td>
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*Camera Club*
PAINTING 101
This course will cover all of the foundations of painting and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with a basic knowledge of painting and just wants to improve. You will be encouraged to take risk and try new things. You will be required to have the basic materials; water colour and/or acrylic paints, paper and brushes.
Friday’s: 9:30am – 12:30pm
January 17 – February 28

INTERMEDIATE DRAWING AND PAINTING
An intermediate level artist is someone with between 2 and 20 years of experience creating works of art. This artist will have developed many different artist talents. This program will expose participants to new and cross discipline mediums. We will experiment with different artistic approaches, combine materials in diverse ways and look at many different styles. This course is for those artists that want to adventure outside of their comfort zones, push their limits and search for their own unique style. If you are an artist that works outside of drawing and painting, you are most welcome to join this program.
Monday’s: 9:30am – 12:30pm
Session 1
January 13 – February 24 *No class on February 17th
Session 2
March 2 – April 6
You will be required to have basic materials; sketch pad and drawing instruments of your choice.

INTUITIVE EXPRESSIONISM/PAINTING
This course is designed to allow you the freedom to experiment. Participants will enjoy exercises that will allow you to access your inner child.
Participants may work in any media they wish, and are required to bring their own materials.
Monday’s: 1:00pm – 3:00pm
Session 1: January 13 – February 24 *No class February 17
Session 2: March 2 – April 6

DETOUR 101
This course will cover all of the foundations of drawing and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with basic knowledge of drawing or who wish to expand their skill base. You will be encouraged to take risks and make marks in new and exciting ways. You will be required to have basic materials; sketch pad and drawing instruments of your choice.
Friday’s: 9:30am – 12:30pm
March 6 – April 17 *No class April 10

PAINTING FOR ABSOLUTE BEGINNERS
From colour mixing to which brush is for what, we will show you how to get paint on the page. We will explore watercolours and acrylic paints as well as different types of tools and processes. All materials will be supplied for this course.
Friday’s: 1:00pm – 3:00pm
March 6 – April 17 *No class April 10

DRAWING FOR ABSOLUTE BEGINNERS
We will cover all the basics, from how to draw lines to shading and everything in between. This course is designed to get the beginner started, or as a refresher course for those who have previously drawn and want to get back into it. All materials will be supplied for this course.
Friday’s: 1:00pm – 3:00pm
January 17 – February 28
SENIORS' ACTIVITIES LIVING FAIR

This annual trade show hosts over 40 vendors providing information, activities and services to individuals ages 55 and over. From massage therapy, senior’s tours and travel, financial services and mobility scooters, the Seniors Active Living fair provides all you need to know about Active Living and aging in our community.

October 18th from 10am to 2pm

WINTER FASHION SHOW

In partnership with Northern Reflections & Tan Jay, come and see the newest styles for winter. Light refreshments will be served. This event is FREE!

November 6th from 2pm to 3pm

CHRISTMAS POT LUCK

Celebrate the holiday season with new and old friends! Bring your favourite dish and enjoy some holiday cheer and Christmas Cookies!

Sign up in the Seniors Room. Last day to sign up is November 30th

December 6th from 12pm to 2pm

Note: All Fall programs can be pro-rated based on availability

SENIORS’ PROGRAMMING - UPCOMING EVENTS

SLEEP Made SIMPLE

MATTRESS CENTRE

Canadian Made Mattress Sets
By Serta, King Koil and Therapedic

129 King St. W., Downtown Cobourg
905-373-9233 sleepmadesimple.ca

Canadian Made Mattress Sets

We Also Have
Duvets, Coverlets, Quilts, Blankets & Throws
Pillows in Feather, Goose Down, Latex, Wool, Silk, Lavender, Cool-Gel & Memory Foam
Sheet Sets in Bamboo, Birch, Flannel, Organic or Egyptian Cotton, Sensory Weighted Blankets
AND MORE...

FALL SPECIAL
Queen Mattress Set

800 Pocket Coil Foam Encasement Eco-Gel Inside

$699

Free Delivery / Set up / Disposal*
Not as shown

Premium Mattresses at Discount Prices - EVERYDAY!

BRING IN THIS AD AND WE PAY THE TAX!
Numbness, tingling, and pain are extremely annoying problems. They may come and go...interrupt your sleep...and even make your arms or legs feel weak at times. Maybe you've even been to other doctors and they claim all the tests indicate you should feel fine.

MORE PILLS ARE NOT THE SOLUTION

A common treatment for many nerve problems is the 'take some pills and wait and see' method. While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

THE LIKELY CAUSE OF YOUR PROBLEM

We are Dr. Peter Herron and Dr. Amy Herron, chiropractors at Herron Family Chiropractic. Our office has been helping people with neuropathy and nerve problems for more than 20 years. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, we're able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away.

For example, numerous studies have proven chiropractic's effectiveness in helping nerve conditions.

Patients showed an 85.5% resolution of the nerve symptoms after only 9 chiropractic treatments. - Journal of Chiropractic Medicine 2008

With chiropractic care, patients had “significant improvement in perceived comfort and function, nerve conduction and finger sensation overall.” – JMPT 1998

“Significant increase in grip strength and normalization of motor and sensory latencies were noted. Orthopedic tests were negative. Symptoms dissipated.” – JMPT 1994

What these studies mean is that you could soon be enjoying life...without those aggravating nerve problems.

COULD THIS BE YOUR SOLUTION?

It's time for you to find out if chiropractic will be your neuropathy solution. For a limited time, $35 will get you all the services we normally charge new patients $120 for!

What does this offer include? Everything. Take a look at what you will receive:

• An in-depth consultation about your health and well-being where we will listen...really listen...to the details of your case.
• A complete neuromuscular examination.
• A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms.
• A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free. (NOTE: This would normally cost you $85).

Until November 28, 2019 you can get everything we've listed here for only $35.

You're saving a considerable amount by taking us up on this offer. Call 905-377-0555 now.

We can get you scheduled for your consultation, exam, and x-rays as soon as there is an opening.

Our office is called Herron Family Chiropractic. We are located in the Fleming Building in Cobourg. Our assistants Carmen and Samara are two of the friendliest people we know. Call our office and tell them you would like to come in for the Nerve Evaluation so they can make room in the schedule and make sure you receive proper credit for this special offer.

Sincerely,

Peter J. Herron, D.C & Amy L. Herron, D.C.

P.S. That's no way to live, not when there could be an easy solution to your problem. Nothing is worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt -- and the pain just won't go away! Take me up on my offer and call today 905-377-0555.
TEAMS & ASSOCIATIONS

BADMINTON
COBOURG BADMINTON CLUB
The Cobourg Badminton Club plays Mondays and Wednesdays from 7:10 - 10:00 p.m. at the Cobourg Collegiate Institute. Season runs from September 16, 2019 till late April 2020. The club welcomes both competitive and recreational players.

Contact Information:
T: 905.342.2620
www.cobourgbadmintonclub.com

BASEBALL & SOFTBALL
COBOURG JUNIOR ANGELS GIRLS SOFTBALL ASSOCIATION
The Cobourg Jr. Angels recognizes young athletes by providing opportunities to play and seek personal excellence.
U10 | U12 | U14 | U16
Registration & Contact Information:
E: cobourgangels@gmail.com
www.cobourgangels.ca

COBOURG LEGION MINOR SOFTBALL
The Cobourg Legion Minor Softball Organization House League program encourages players of all ages and skill levels to participate in softball. The organization hosts indoor sessions before the start of the season that focuses on the fundamentals of the game.

Age Divisions
Tadpole U5 | Atom U7 | Mite U10 | Squirt U12
PeeWee U14 | Bantam/Midget U17

Contact Information:
E: registrar@playfastball.ca
www.playfastball.ca

NORTHUMBERLAND BASEBALL ASSOCIATION
Northumberland Baseball is a combined effort of Cobourg and Port Hope competing in both an association House League system and the Eastern Ontario Baseball Association.

Contact Information:
E: northumberlandbaseball@hotmail.com
www.northumberlandbaseball.ca

BASKETBALL
LAKESHORE MINOR BASKETBALL ASSOCIATION
House league and U14 major bantam basketball.

Contact Information:
T: 905.376.6025
www.lakeshorebasketball.ca

CURRYING
WEST NORTHUMBERLAND CURLING CLUB
Give curling a try for free at First Rocks, Wednesday October 9, 2019. In addition to women’s, men’s, mixed and open leagues, the WNCC also offers a Learn to Curl program. New members are always welcome!

Contact Information:
206 Furnace St, Cobourg
T: 289.252.2289
www.wncc.ca

GYMNASTICS
NORTHUMBERLAND GYMNASTICS CENTRE
Gymnastics is an excellent sport that builds strength, endurance, flexibility, co-ordination and body awareness. Programs include pre-school, girls and boys recreational, competitive teams and cheerleading.

Contact Information:
8781 Dale Road, Cobourg
T: 905.372.0829
www.northumberlandgymnast.com

HIKING
PINE RIDGE HIKING CLUB
The Pine Ridge Hiking Club is one of nine member clubs that make up the Ganaraska Hiking Trail Association who maintain the trail from Port Hope to the Bruce Trail and to Georgian Bay. Members hike in the beautiful rolling hills of Northumberland and enjoy the challenge of completing the Ganaraska Trail end-to-end. Members enjoy week long getaways in rural Ontario or further afield.

Contact Information:
www.pineridgehikingclub.ca

HOCKEY
COBOURG COUGARS
The Cobourg Cougars are a member of the Ontario Junior Hockey League in the East Division. In addition to being the winners of the 2017 RBC Cup, there have been many members of the Cobourg Cougars who have moved on to Division 1, Division 3, CIS, OHL, QMJHL and NHL rosters.

2019/2020 schedule can be found online at www.cobourgcougars.pointstreaksites.com

NORTHUMBERLAND BULLDOGS – SPECIAL NEEDS HOCKEY TEAM
The Northumberland Bulldogs are an organization for individuals of all ages who are developmentally and intellectually challenged. Their focus is to develop their athlete’s skills and abilities so they are able to play and enjoy Canada’s favorite sport! If an individual can move on skates, coaching staff will develop the rest of the skills required.

The group is registered with Canada Special Needs Hockey and Special Hockey International. Coaches and volunteers are trained to work with Intellectually/developmentally challenged individuals for skills development and our goal is to ensure that they develop to their ability level and have fun!

The Bulldogs play home and away games against other special needs hockey teams.

Contact Information:
Brian Brown
T: 905.376.2234
E: northumberlandbulldogshockey@gmail.com
www.northumberlandbulldogs.com
NORTHUMBERLAND MINOR HOCKEY/ NORTHUMBERLAND NIGHTHAWKS

The Northumberland Nighthawks offers house league, select and rep hockey in Cobourg and Northumberland County.

Contact Information:
750 D’Arcy St., Cobourg
T: 905-372-7371 Ext: 8429
E: info@northumberlandminorhockey.com
www.northumberlandminorhockey.com

WEST NORTHUMBERLAND GIRLS HOCKEY ASSOCIATION

The West Northumberland Girls Hockey Association is committed to supporting the growth of girl’s hockey and is proud to develop and promote girls hockey within Northumberland County and the surrounding area in conjunction with the Ontario Women’s Hockey Association (OWHA) at the house league, recreational, and competitive levels.

Contact Information:
Cobourg Community Centre
750 D’Arcy St., Cobourg
www.wngha.ca

JIU-JITSU

UNITED BRAZILIAN JIU-JITSU

United BJJ is committed to providing a friendly, family oriented environment for Northumberland County Residents to learn effective Martial Arts. Their incredible staff, student base and instructors are excited to welcome you to their academy and support you and your family in achieving your goals.

Contact Information:
1040 Division Street, Cobourg
T: 905.375.3113
www.unitedbjj.ca

LAWN BOWLING

INDOOR SHORT MAT (LAWN BOWLING)

The Short Mat Bowling Club is run as a separate club affiliated to the Cobourg Lawn Bowling Club and new members are welcome. The club meets on Tuesday and Thursday afternoons at 1:00 pm at the Cobourg Community Centre from October to April. The principles of short mat bowling are similar to those of lawn bowling. The game is played on a mat 45 feet long by 6 feet wide using standard lawn bowls.

Contact Information:
E: Cobourg.lbc@gmail.com
www.cobourglawnbowlingclub.weebly.com/

RUGBY

COBOURG SAXONS RUGBY

The Cobourg Saxons offer Rugby programs for youth and adults. Youth programs include Rookie Rugby, U13 Co-Ed, E15 Co-Ed, U17 Girls, U17 Boys, U19 Girls and U19 Boys. Adult programs are Senior Women, Senior Men and Saxons Old Boys.

Contact Information:
www.cobourgrugby.com

SOCCER

COBOURG MINOR SOCCER CLUB

The Northumberland Soccer Club offers both indoor and outdoor soccer for youth ages 4 - 18 and adults ages 19 and up. The 2019/2020 Indoor Soccer season starts November 3rd, 2019 for adults and November 4th for all other ages.

Contact Information:
700 D’Arcy Street, Unit 1, Cobourg
T: 905.377.9361
www.cobourgsoccer.com

TAE KWON DO

COBOURG TAE KWON DO

Cobourg Tae Kwon Do teaches the art of Tae Kwon Do and Self Defense with a blend of other popular Martial arts such as Kempo, Hapkido, Wing Chun, Muay Thai, Kickboxing, Escrima, Jiu jitsu and others to give students a well-rounded training experience with character development, life skills, and fitness training all wrapped in one.

Contact Information:
271 Spring Street, Cobourg
T: 905.373.0032
www.cobourgtaekwondo.ca

TAI CHI

TAOIST TAI CHI

Taoist Tai Chi offers beginner classes, continuing classes and pain relief classes. Individuals are welcome and encouraged to come to as many classes as you like. To join simply come to the location of your choice at the beginning of the class time and talk to the instructor.

Contact Information:
T: 905.375.4196
www.taoist.org/locations/cobourg/

VOLLEYBALL

BREAKERS VOLLEYBALL

Breakers Volleyball offers a competitive boys and girls indoor volleyball league.

Contact Information:
E: breakersvb@gmail.com
www.northumberlandbreakersvolleyball.sportssignup.com/site/

INVADO VOLLEYBALL

Invado Volleyball’s popular youth instructional and play leagues are coming to Cobourg this fall & winter! Each 8-week session affords players (ages 9-16) the opportunity to learn & play the game from some of the top coaches and players in the area. The fall session runs from October to December the Winter Session runs from February to April. Invado also organizes adult fall & winter sessions for players of all skill levels (ages 16 & older).

Contact Information:
T: 1-877-9 INVADO
E: info@invado.ca
www.invado.ca
COBURG HORTICULTURAL SOCIETY
The Cobourg Horticultural Society (CHS) is a community based group of members devoted to sharing their love of gardening and all other aspects of horticulture. The Society advocates sound environmental practices and provides educational opportunities for its members through a variety of horticultural activities and projects. CHS meet on the 1st Wednesday of every month at 7:00pm at the Columbus Community Centre, 232 Spencer Street East, Cobourg. (No meetings in January, July and August)
Contact Information:
E: cobourghort@gardenontario.org
www.cobourggardenclub.ca

COBURG ECOLOGY GARDEN
The Cobourg Ecology Garden Committee will endeavour to educate the public on the importance of our environment by increasing the awareness of the need to protect and maintain green space and native species while attempting to beautify our community to be enjoyed by all for generations to come. Volunteer opportunities available.
The Cobourg Ecology Garden is located close to downtown Cobourg at the end of Hibernia Street between Legion Village and the waterfront.
Contact Information:
T: 905.375.9144
E: ceginquiries@gmail.com
www.cobourgecologygarden.ca

SUSTAINABLE COBOURG
Sustainable Cobourg was formed in the summer of 2008 to organize or participate in local environmental projects, educate and increase the public’s understanding of the environment and its importance, develop and offer programs promoting the protection and preservation of the environment, and conduct and disseminate research relating to the environment.
Contact Information:
E: gludorfweaver@sustainablecobourg.ca
www.sustainablecobourg.ca

WILLOW BEACH FIELD NATURALISTS
Willow Beach Field Naturalists brings together nature lovers to explore, enjoy, and learn more about Northumberland County’s diverse natural environment and to encourage its preservation. The group host regular meetings, manage projects in support of habitat preservation and enjoy regular outings and activities to explore natural areas, share experiences and learn through observation.
Contact Information:
E: Tim Tottenham tottenham@bell.net
www.willowbeachfieldnaturalists.org
ART & ARTISANS

NORTHUMBERLAND PHOTOGRAPHY CLUB
The Northumberland Photography Club is an all-volunteer club serving Northumberland County and surrounding area. The group welcomes members of all skill levels and photography interests, from Novice to Master. Their goal is to share, learn, and grow their member’s photographic skills in an inclusive environment.

The club meets the first Monday of the month from September to June at the Salvation Army Church, 59 Ballantine Street, Cobourg, beginning promptly at 7:00 p.m.

Contact Information:
E: info_mail@northumberlandphoto.ca
www.northumberlandphoto.ca

NORTHUMBERLAND RUG HOOKERS
Membership is open to anyone interested in rug hooking, from beginners to advanced fibre artists. Meetings give members a level of fellowship and fun, the freedom to create anything they wish and the opportunity to share tips and techniques.

The group meets on the last Monday of the month (September to May) from 10 a.m. - 2 p.m. at Grace Church, 440 King Street East, Cobourg. Coffee, tea and nibbles provided.

Contact Information:
E: nrhookers@gmail.com
www.northumberlandrug hookers.blogspot.com

NORTHUMBERLAND HILLS STITCHERY GUILD
The aim of the Guild is to encourage and promote a sincere interest in the art of embroidery, needlework and creative stitchery. Lectures, instruction, seminars and workshops are featured for members to learn and share their knowledge.

The group welcomes all levels of experience and learning. Beginner Classes are available and visitors are welcome.

The group meets on the 2nd and 4th Tuesday of the month from September to June. Meetings are from 9:30 a.m. to 1:00 p.m. at the Lion’s Community Centre, 157 Elgin Street East, Cobourg.

Contact Information:
T: 905.885.4029 or 905.373.1547
www.nhsg.ca

COBOURG QUEER COLLECTIVE
Information for and about the LGBTQIQAP2SA+ community in Cobourg, Ontario and the surrounding area.

Contact Information:
Instagram: cobourg_qc
Facebook: @CobourgQueerCollective

ADVOCACY & ACTIVISM

COBOURG TOASTMASTER CLUB
The Cobourg Toastmasters Club has been helping people in Cobourg and the surrounding region for 18 years. Through the Toastmasters educational program, their aim is to provide practical communication and leadership skills to help members become confident speakers, presenters and leaders.

Contact Information:
Deborah Hackett CC (President): 613.849.4814
www.368.toastmastersclubs.org/

SURVIVOR THRIVERS
The Survivor Thrivers work together to inspire hope, to strengthen those affected by breast cancer and to support breast cancer research.

This spirited dragon boat racing team has grown to over 25 women and one man at various stages of diagnosis and treatment. The group ranges in age from the mid 30’s to the mid 70’s. In the summer months, April to early October, the group practices in the scenic Cobourg Harbour and in the off-season they enhance their skills with dry-land, weight and aerobic training.

In addition to dragon boating, the team offers monthly support meetings, peer support, telephone support and a lending library.

Contact Information:
E: survivorthriv ers@outlook.com
www.survivorthriv ers.com

CANADIAN FEDERATION OF UNIVERSITY WOMEN NORTHUMBERLAND
CFUW Northumberland was founded in 1991 and is one of the 60 Clubs existing across the province of Ontario. The group has over 100 members drawn from Cobourg, Port Hope and the surrounding townships. They support young women’s education in Northumberland County, and learn more about the issues which confront women every day in the media and their own lives.

If you are a graduate of a university or college in Canada or abroad, are enrolled in university or college, or just support the objectives and purposes of post-secondary education, you will find a warm welcome here.

Contact Information:
www.cfuw-northumberland.org

COBOURG QUEER COLLECTIVE
Information for and about the LGBTQIQAP2SA+ community in Cobourg, Ontario and the surrounding area.

Contact Information:
Instagram: cobourg_qc
Facebook: @CobourgQueerCollective

SUSTAINABLE COBOURG
Cobourg's premier partner in developing an inclusive sustainable community.

Contact Information:
E: gludorfweaver@sustainablecobourg.ca
www.sustainablecobourg.ca

Willow Beach Field Naturalists brings together nature lovers to explore, enjoy, and learn more about Northumberland County’s diverse natural environment and to encourage its preservation. The group hosts regular meetings, manages projects in the community in Cobourg, Ontario and the surrounding region.

Contact Information:
E: Tim Tottenham tottenham@bell.net
www.willowbeachfieldnaturalists.org

COBOURG HORTICULTURAL SOCIETY
The Cobourg Horticultural Society (CHS) is a community based group of members devoted to the protection and preservation of the environment, develop and offer programs promoting public’s understanding of the environment and its importance, and advocate sound horticultural activities and projects.

Contact Information:
www.cobourghort.org
E: cobourghort@gardenontario.org
T: 905.885.4029 or 905.373.1547

F A C E B O O K: @CobourgQueerCollective
I N S T A G R A M: cobourg_qc

COBOURG ECOLOGY GARDEN
Cobourg Ecology Garden is located close to between Legion Village and the waterfront. The Garden welcomes everyone, with volunteer opportunities available.

Contact Information:
E: ceginquiries@gmail.com
T: 905.375.9144
www.cobourgardenclub.ca
COBOURG AND DISTRICT HISTORICAL SOCIETY
The Cobourg and District Historical Society promotes interest in the history of Cobourg and district and beyond, encourages the preservation of historical, archaeological and architectural heritage through monthly meetings featuring speakers, the publication of presentations and organizing and participating in special events.

New members are welcome! Monthly meetings are held in the Citizens’ Forum, Victoria Hall on the fourth Tuesday from September to May, excluding December. The doors open at 7:00pm and people enjoy this opportunity to socialize before the meeting convenes at 7:30 p.m.

Contact Information:
www.cdhs.ca

COBOURG LANGUAGE AND CULTURE MEETUP
This is a group for people who are currently learning or who would like to start learning a foreign language, in particular, French or Spanish. Generally, the group meets once or twice a month from 6:30pm to 8:30pm at the Oasis in Cobourg and practice what they are learning. Even if you’re a complete beginner, you’ll be able to listen to others conversing and pick up a few useful expressions.

Contact Information:
www.meetup.com/Cobourg-Language-Culture-Meetup/

LAKE SHORE GENEALOGICAL SOCIETY
The Lakeshore Genealogical Society is a group of family tree growers, historians and researchers mainly from Cobourg, Port Hope and surrounding areas of Northumberland County. The Group meets regularly, on the second Thursday of the month from September to June (except January) at the HTM Insurance building at 1185 Elgin St W, Cobourg at 6:30PM

Contact Information:
www.lakeshoregenealogicalsociety.ca

NEW CANADIANS CENTRE COBOURG
The New Canadians Centre offers support to immigrants, refugees and other newcomers through immigration and settlement services, employment services and community connections. Programs include orientation to life in Canada, support with elementary and secondary school registration and orientation, free certified language assessment and referrals to language programs, social events for newcomers and social groups for women and youth.

Contact Information:
Northumberland County Offices
600 William St, Cobourg
T: 905.377.8100

MUSLIM COMMUNITY OF NORTHERN LAMBERLAND
The Muslim Community of Northumberland (MCN) is an open group for all Muslim families and their friends in Northumberland County. MCN is officially registered as a Not-For-Profit Corporation and it organizes prayers every Friday at 1:30 pm at the Cobourg Community Centre (CCC) and monthly family gatherings. MCN currently has a Temporary Leading Committee (TLC) containing three members (listed below). The MCN group participate in many social activities in the county and can be contacted by e-mail which is mcn7654@gmail.com or via any of the MCN.

Contact Information:
Magdi Widaatalla – 905.396.0707
Mohamed Mostafa – 647.863.0193
Brahim Araben – 416.459.4025

NORTHUMBERLAND HISPANIC CULTURAL CLUB
The Northumberland Hispanic Cultural Club Inc (NHCC) was established by the Hispanic-American community in the County to provide a venue for its community members to come together to enjoy and participate in Hispanic American culture. The club aims to promote Hispanic American culture by holding events and, performances that showcase Latin American art, music, food and literature.

Contact Information:
www.northumberlandhispanic.ca

VICTORIA HALL VOLUNTEERS
The Victoria Hall Volunteers are a group of women dedicated to the preservation and enhancement of the heritage and historical aspects of Cobourg’s Victoria Hall. The group achieve their mandate through advocacy, activities, tours, education and fundraising events. The Victoria Hall Volunteers host tours, wine tastings, shows, speakers, dinners and other activities which are fun for participants and form the basis of their fundraising.

Contact Information:
T: Fran Richardson 905.372.4964
E: fran.richardson@sympatico.ca
www.victoriahallvolunteers.ca
ART GALLERY OF NORTHUMBERLAND – KIDS SUMMER CAMP
The goal of AGN Kids Summer Camps is to inspire young minds to a life long love of art and culture. Operated out of the AGN, on the 3rd floor of Victoria Hall, each full day program includes opportunities for learning and creative expression that aren’t available anywhere else. Program instructors will guide your child through the joy of creating art in a fun and structured environment. Every day will include gallery lessons focusing on the permanent collection, works by local artists and the everyday beauty of the world around us.

Registration Information:
Richard Kirwin, Education Co-ordinator
E: rkirwin@agncobourg.ca
www.artgalleryofnorthumberland.com

COBOURG COMMUNITY CENTRE
The Cobourg Community Centre offers 9 weeks of summer camp programs to local kids ages 4 – 10. Each week of camp is themed and children enjoy learning, crafting, skating, outdoor sports and going on adventures to local attractions. Single Day and weekly registration is available.

Registration Information:
Cobourg Community Centre
750 D’Arcy Street
T: 905.372.7371
www.ccc.cobourg.ca

COBOURG DRAGON BOAT & CANOE CLUB
The Cobourg Dragon Boat & Canoe Club provides a Summer Camp program as well as a Canoe and Kayak Racing Camp. Racing Camp is for 4 weeks (do not have to be consecutive) and participants compete in local regattas, train daily in the mornings and may join the Summer Day Camp for the afternoon at no additional cost.

Registration Information:
T: 289.251.1715
E: info@cobourgdbcc.ca
www.cobourgdbcc.ca

COBOURG SCOUT RESERVE
The Cobourg Scout Reserve has many special camping experiences to offer everybody from ages 3 to 93. Situated on sixty-nine acres of wooded land located in the heart of Northumberland Forest, this camp can offer hiking, wildlife and camp crafts in abundance.

Registration Information:
6863 Northumberland 45, Harwood
www.wpc.scouts.ca/ca/cobourg-scout-reserve

COBOURG YACHT CLUB | LEARN-TO-SAIL
The CYC Learn-to-Sail program is a one and two week summer camp available for youth between the ages of 7 and 16. Camp runs from July and August and teaches youth the fundamentals of sailing. All programs are taught to the Sail Canada standards and all instructors are Sail Canada certified. Students achieve certification at different levels from CANSail 1 through to CANSail 4 depending on their age.

Registration Information:
Bob Fler, Director
Learn to Sail at Cobourg Yacht Club
T: 416.518.3537
E: SailingSchool@CobourgYachtClub.ca
www.cobourgyachtclub.wildapricot.org

LAKESHORE PENTECOSTAL CAMP
Lakeshore Pentecostal Camp exists to provide an oasis for people of all ages where the Pentecostal distinctives are communicated and experienced. Camps include Heritage Camp (Ages 50+), Youth Camp, Kids Camp, Jr. High Camp, Family Camp and Young Adults Retreat.

Registration Information:
T: 905.372.4388
E: lpc@eod.paoc.org
www.lakeshorepentecostalcamp.com

NORTHUMBERLAND PLAYERS – YOUTH THEATRE SUMMER CAMP
At Theatre Summer Camp, children aged 4 through 16 explore their interests or extend their love of theatre and drama. From acting to lighting, improv to costumes, singing to stage management, qualified instructors guide young people through the entire process of mounting a production beginning with the audition through to the final bows. Days are packed with fun, games and activities chosen to focus and teach skills required for stage performance as well as everyday life.

Registration Information:
T: 905.372. 0577
E: camps@northumberlandplayers.ca
www.northumberlandplayers.ca

UNITED BRAZILIAN JIU-JITSU
With daily martial arts classes, field trips and theme-activities, each week at United BJJ camp will help your kid build their confidence while having the time of their life!

Registration Information:
1040 Division Street, Cobourg
T: 905.375.3113
www.unitedbjj.ca

YMCA – CAMP TIKI
YMCA Day Camp provides unique, comprehensive programming that build confidence, leadership skills and environmental awareness.

Registration Information:
Cobourg YMCA Membership Services
339 Elgin St W, Cobourg
T: 905.372.0161
www.ymcanrt.org

IT’S NEVER TOO EARLY TO BEGIN PLANNING FOR NEXT SUMMER. THE FOLLOWING IS A LIST OF SUMMER RECREATIONAL ACTIVITIES AND CAMPS FOR YOUTH AND ADULTS.
CYCLING

COBOURG CYCLING CLUB
Competitive and recreational cycling. Cyclocross/Gravel Road, Dirty Thursday Mountain Bike Group Rides, Tempo rides, Time Trial Race Series – Weekly Tuesday Nights.

Contact Information:
E: info@cobourgcyclingclub.com
www.cobourgcyclingclub.com

CYCLING SENIORS
Cycling Seniors offers guided cycling day trips designed for people in their senior years from all walks of life. Tours are from Cobourg to Brighton and Port Hope to Newcastle. Enjoy a variety of scenery and riding experiences including gentle rolling hills with views of waterways, farmland and picturesque towns and villages through the gentle countryside of Northumberland County. Petra, an experienced eco-tourism guide, will introduce you to the health benefits and cycling skills you will take away as a positive experience.

Tours run from May until September

Contact Information:
www.cyclingseniors.com

CYCLE TRANSITIONS
Cycle Transitions’ mission is to make cycling the most accessible form of transportation in Cobourg, breaking down economic barriers while reducing smog and congestion. You can repair your bicycle under the guidance of skilled technicians, take a workshop to learn new skills, purchase an affordably priced refurbished bicycle, or access Can-Bike cycling courses.

Contact Information:
T: 289.251.8895
www.cycletransitions.org/membership/

GANARASKA FREEWHEELERS CYCLING CLUB
The Ganaraska Freewheelers is an organization that exists to promote safe recreational cycling in Northumberland County. Ganaraska Freewheelers enjoy the social aspects of cycling with other people in a non-competitive environment.

Contact Information:
Barbara Spencer, President
E: barbarajean1947@gmail.com
www.ganaraskafreewheelers.com

NORTHUMBERLAND HILLS CYCLING CLUB
The Northumberland Hills Cycling Club was founded in the spring of 2010. The inaugural ride was a phenomenal success and since then the group has grown to over 150 members. In 2018 the Club expanded the number of regularly scheduled weekly rides to 8 in order to accommodate their growing numbers and the desire to ride more often. With well-established off-season activities that include x-country skiing, daytime and evening hikes and occasional snowshoeing this group always has something happening.

Contact Information:
T: Debbie Parks (President) 905.885.4208
E: info@northumberlandhills cyclingclub.com
www.northumberlandhills cyclingclub.com

CANOE, KAYAK, DRAGON BOAT, SUP

COBOURG DRAGON BOAT AND CANOE CLUB
Canoe, Kayak and Stand-Up Paddleboard programs, Dragon Boat programs, Competitive racing and summer camps.

Contact Information:
www.cobourgdcbc.ca

COBOURG YACHT CLUB
The Yacht Club is quietly nestled beside the Cobourg Marina. The clubhouse sports a dining room with a mouth-watering menu and an exquisite view of Lake Ontario. The club provides programs such as summer camp, Learn- to-Sail, sailing instructions and hosts regular racing nights.

Contact Information:
www.cobourgyachtclub.wildapricot.org

OM SUP
OM SUP is a mindfulness based Stand Up Paddleboard company that infuses yoga practices with the spirit of SUP.

Contact Information:
Breaker’s Motel private beach
94 Queen St. Cobourg, ON
E: info@omsup.ca
www.omsup.ca

SURVIVOR THRIVERS
This spirited dragon boat racing team has grown to over 25 women and one man at various stages of diagnosis and treatment. The group ranges in age from the mid 30’s to the mid 70’s. In the summer months, April to early October, the group practices in the scenic Cobourg Harbour and in the off-season they enhance their skills with dry-land, weight and aerobic training.

Contact Information:
E: survivorthrivers@outlook.com
www.survivorthrivers.com
GOLF
COBOURG CREEK GOLF COURSE
A fun and challenging nine-hole golf course in the centre of Cobourg.
Contact Information:
T: 905.373.4444
www.themillincobourg.com

LACROSSE
NORTHUMBERLAND LACROSSE
Lacrosse is one of the fastest growing sports in Canada. Northumberland Nemesis Lacrosse offers Soft Lacrosse (Peanut Division, ages 3 and 4), house league and rep programs.
Contact Information:
www.northumberlandlacrosse.com

COBOURG KODIACS
The Cobourg Nissan Kodiaks are a Major Series Lacrosse team playing out of the Cobourg Community Centre. Each year the playoff teams battle for the right to compete against the Western Lacrosse Association champion for the prestigious Mann Cup, which is one of the oldest and most valuable trophies in North America.
Regular season is from May to August.
Contact Information:
www.cobourkgodiacs.ca

LAWN BOWLING
COBOURG LAWN BOWLING CLUB
The Cobourg Lawn Bowling Club welcomes new and experienced members. For those who have never played before, the club offers free lessons for beginners without any membership obligation.
Contact Information:
177 Church Street, Cobourg
T: 905.372.0040
www.cobourglawnbowlingclub.weebly.com

SPRING/SUMMER PREVIEW
SPORTS & RECREATION

PICKLEBALL
The Town of Cobourg has two Pickleball courts located at Coverdale Park and Sinclair Park and also offers weekly open court times at the CCC.

TENNIS
The Town of Cobourg has two multi-court Tennis Courts located at Coverdale Park and Sinclair Park. Tennis courts are free to use but you are also able to book them for tournaments or other events.

COVERDALE TENNIS CLUB
The Coverdale Tennis Club operates from May to October at Coverdale Park.
Monday, Wednesday and Friday club members play from 8:00am to 12:00pm
Tuesday and Thursdays club members play from 6:00pm to 9:00pm
Contact Information:
Steve McMullen
T: 905-373-1949
Coverdale Avenue

SINCLAIR TENNIS GROUP
The Sinclair Tennis Group operates from April to November (weather permitting) at Sinclair Park.
Monday, Wednesday and Friday club members play from 8:00am to 12:00pm.
Contact Information:
540 Sinclair Street
Garry Quinlan
T: 905.372.2004 (6pm – 9pm)
On behalf of our Executive Board, Representatives & Staff, we wish our Members, their Families & the Community a HAPPY HOLIDAY SEASON.

Jack Oliveira
Business Manager

Luis Camara
Secretary Treasurer

Bernardino Ferreira
Vice-President

Nelson Melo
President

Jamie Cortez
E-Board Member

Marcello Di Giovanni
Recording Secretary

Patrick Sheridan
E-Board Member

Head Office
1263 Wilson Avenue, Toronto ON M3M 3G3
416 241 1183 ph 416-241-9845 fx 1 877 834 1183 toll free

Northern Office
64 Saunders Road, Barrie, ON L4N 9A8
705 735 9890 ph 705 735 3479 fx 1 888 378 1183 toll free

Cambridge Office
330 Industrial Road, Cambridge ON N3H 4R7
519 496 0750 ph

Eastern Office
560 Dodge Street, Cobourg, ON K9A 4K5
905 372 1183 ph 905 372 7488 fx 1 866 261 1183 toll free

Kingston Office
145 Dalton Ave, Unit 1, Kingston ON K7K 6C2
613 542 5950 ph 613 542 2781 fx 1 844 542 2781 toll free

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• Fare Share Food Bank • Northumberland Humane Society
• Habitat for Humanity Northumberland... to name a few.

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